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thenewhammag

issue 223 // 24 June – 8 July 2011

Music call

Every Child a Musician tutor strikes a chord, p16

East London NHS
NHS Foundation Trust

Do you have something on your mind?

Newham Psychological Services

Bringing Talking Therapies and Employment Support to the People of Newham.

A free and Confidential NHS Service for Newham Residents.

If any of the problems below sounds familiar to you we can offer you talking therapy that is effective and can help you feel better:

- Feeling sad, or hopeless
- Having thoughts, pictures or impulses that come into your mind that you can't get rid of
- Having problems with a relationship
- Having difficulty coming to terms with trauma (for example a road traffic accident, a street robbery, physical or emotional abuse)
- Difficulty managing you anger
- Unable to carry on with life after the death of a loved one
- Feeling worried, anxious and panicky

If you would like to talk to us about the sort of help available please call us on 0800 107 0161 or 020 8475 8080 or visit www.newham-therapies.eastlondon.nhs.uk

We also offer help in other languages. To speak to someone in a different language call 0800 107161 and press: 1 for English, 2 for Bengali, 3 for Punjabi, 4 for Urdu, 5 for Hindi, 6 for Arabic or 7 for Gujarati.

আপনার মনের ভেতর কি কিছু ঘটছে?

নিউহ্যাম সাইক্লোজিকল সার্ভিসেস - নিউহ্যামের বাসিন্দাদের জন্য টকিং থেরাপি (আলোচানার মাধ্যমে চিকিৎসা) এবং কাজ পাওয়ার সেবা দিচ্ছে। এটা নিউহ্যামের বাসিন্দাদের জন্য এনএইচএস এর একটি বিনামূল্য (ফ্রি) এবং গোপনীয় সেবা।

যে ধরনের সহায়তা দেয়া হচ্ছে সে ব্যাপারে আলোচনা করতে চাইলে অনুগ্রহ করে 0800 107 0161 অথবা 020 8475 8080 নম্বরে আমাদের সাথে যোগাযোগ করুন অথবা ভিজিট করুন www.newham-therapies.eastlondon.nhs.uk

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உங்கள் மனதில் எதையும் வைத்திருக்கிறீர்களா?

நியுஹம் உளவியற் சேவைகள் – நியுஹம் மக்களுக்கு உரையாடல் சுகமளிப்பையும் சிகிச்சைகளையும் வேலை ஆதரவையும் கொண்டுவருதல்
நியுஹத்தின் குடியிருப்பாளர்களுக்கு ஒரு இலவசமான மற்றும் அந்தரங்கமான என்எச்எஸ் சேவை

கிடைக்கும் உதவியின் வகை பற்றி எங்களுடன் உரையாட நீங்கள் விரும்பினால், தயவுசெய்து 0800 107 0161 அல்லது 020 8475 8080இல் எங்களைத் தொடர்புகொள்ளவும் அல்லது www.newham-therapies.eastlondon.nhs.uk என்பதற்குச் செல்லவும்.

کیا آپ کے دماغ پر کوئی چیز سوار ہے؟

نیوہیم نفسیاتی سروسز (Newham Psychological Services) ۔ نیوہیم کے لوگوں کیلئے بات کرنے والی تھراپیز اور ملازمت میں مدد لے کر آ رہی ہیں۔ نیوہیم کے رہائش پذیروں کیلئے ایک مفت اور رازدار این ایچ ایس (NHS) سروس۔

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the newham mag

Look out for the next issue from 8 July 2011

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24 June 2011 // **issue 223**

In this issue we're talking law and order. We show you how the council is standing firm with its partners in the police and bringing unscrupulous landlords to justice (p8-9).

Look out for a regular feature on our work with the police in future mags.

On a lighter note, we profile a tutor from the Every Child a Musician programme (p16-17), tell you what's in store on 16-17 July at the Mayor's Newham Show (p11), and you can find out how you can get a bird's-eye view of the Olympic Park (p12).

Cllr Quintin Peppiatt
Executive member for children and young people

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

MAG TEAM: 020 3373 4576
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The Newham Mag is printed by Woodford Litho Ltd and distributed by Letterbox Distribution.

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Newham London

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

IN BRIEF //

Councillor receives royal honour

Canning Town South ward councillor Bryan Collier has been awarded an MBE by The Queen in the Birthday Honours list for his tireless service to the people of Newham.

Councillor Collier, who was ceremonial mayor in 2000/2001, said: "I am delighted to have received this honour – it came as a complete shock and surprise. You don't do things to get awards, but I would like to thank those who nominated me."

Mayor Sir Robin Wales said: "This award is a great recognition for his hard work over many years."

Noisy neighbour silenced

A Manor Park resident who failed to comply with a noise abatement notice has had his stereo equipment seized and destroyed by Newham Council.

Othniel Aldridge, of Charlbury House, Grantham Road, admitted three offences at Stratford Court. Neighbours had complained about his excessively loud music.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "The council will not tolerate behaviour that impacts negatively on other people's lives."

Railway disruption

There is no service on the Docklands Light Railway between Westferry and Beckton on 25 and 26 June. Replacement buses operate. There is no service on the Hammersmith and City line through Newham on the same dates.

District Line services are not running between Barking and Tower Hill on 2 and 3 July. There is no Hammersmith and City line between Liverpool Street and Barking on 2 July.

Youth Games victors are great sports

The boys' disability football team celebrate

Two Newham teams have produced dominant performances to win gold at the Balfour Beatty London Youth Games.

Fencers from Newham Swords, based at Newham Leisure Centre in Plaistow, won both senior and junior competitions at Redbridge Sports Centre to seal the overall team title. It is the fifth successive year they have won gold.

Head coach Pierre Harper said: "There's a great team spirit and the players all put in a lot of hard work, training three or four times a week."

Newham also won the boys' disability football competition in Regent's Park by beating Lewisham in the final on penalties 2-1 after a goalless finish at full-time.

Newham's team manager was Terell Thomas, 15, who was given the role after doing work experience at the council's Atherton Leisure Centre. He said: "The London Youth Games is a great competition. Disability sport is going from strength to strength in the borough."

Parade salutes boy hero

Cllr Baikie and councillors on parade with Legion members

Deputy Mayor Councillor Andrew Baikie and fellow councillors joined members of the Royal British Legion, current members of the armed services and cadets to honour the sacrifice of a 16-year-old who died in the First World War.

John 'Jack' Cornwell posthumously received the Victoria Cross for his bravery on HMS Chester during the Battle of Jutland in 1916 where, despite being fatally wounded, he remained at his gun post.

Cllr Baikie joined around 200 people in a parade from the Legion headquarters in Church Road, Manor Park, to a service at St Michael's Church in Romford Road. Wreaths were also laid at Jack's grave in Manor Park Cemetery.

Cllr Baikie said: "We must always remember those from generations past that died defending others, as well as those who continue to fall in conflicts and wars. We must never forget what they have done for us, especially those as young as Jack Cornwell."

News

Blooming marvellous

The borough is looking brighter now that floral planters have been erected at key locations across Newham.

More than 650 barrier baskets on railings and hanging baskets on lamp columns are helping beautify the borough with an injection of seasonal colour.

The arrangements contain summer stems including geraniums, begonias and petunias and can be seen at a high street near you.

Baskets go up at Newham Town Hall

Community group wishes granted

Around £3,000 has so far been awarded to Newham charities and community groups by John Lewis Stratford, the only department store at the new Westfield Stratford City development, which opens in September.

Every month between now and then, the store is offering grants of up to £500 to voluntary and community groups, schools and sports teams in the six Olympic host boroughs. The total amount donated will be £20,000.

Noel Saunders, managing director of John Lewis Stratford City, said: "We want to play a full and active role in supporting the local community. We often support charities with a local focus, as we believe we can make a real difference to those which would normally miss out on other donations and support."

So far more than 10,000 people have applied for jobs at the new store. John Lewis has offered 425 assessment centre places for long term unemployed Newham residents.

For information about grant application forms see page 22 of the Newham Mag or email communitygrants@johnlewis.co.uk

Fallen police officers remembered

Police were joined by Deputy Mayor Councillor Andrew Baikie at Stratford police station to commemorate officers Philip Pawsey and Frederick Hutchins who were shot 50 years ago by a suspect fleeing the police station.

Cllr Baikie laid flowers and helped unveil a plaque that told the story of how Insp Pawsey and Sgt Hutchins died at the hands of John Hall who was being questoned over a domestic incident. He produced a gun and ran off, shooting the two officers as he fled. Hall later shot himself after being cornered in a phone box on Wanstead Flats.

Newham Police Borough Commander Simon Letchford said: "We salute and remember Insp Pawsey and Sgt Hutchins who both paid the ultimate price risking their lives to keep our community safe. These people are heroes and we must never forget what happened 50 years ago. Their memory and story will always live on Newham."

Cllr Baikie and Mr Letchford help unveil the plaque with the victims' families

Cllr Baikie said: "Their loss demonstrates the unquestioned bravery and devotion which officers display every day in protecting the people of Newham."

We don't want roads chaos

In the previous issue of the Newham Mag I told you about my frustration and deep disappointment with the public engagement work of Transport for London (TfL) on the proposed Olympic Route Network (ORN).

Local residents and businesses will rightly feel let down by this unacceptably poor consultation and I am concerned that vital council and other services will be adversely affected, including some that support our most vulnerable residents.

And it seems we're not the only ones complaining. The 25,000 drivers of London's black taxis are planning a blockade to bring the capital to a standstill over plans for the ORN. Road hauliers are saying they won't be able to make deliveries. Even a national newspaper survey saw 93 per cent of people saying the ORN restrictions were over the top.

I've written to Mayor of London Boris Johnson strongly urging him to instruct TfL to re-examine this as a matter of urgency and ensure that they step up the engagement on the ORN.

A poorly planned and communicated ORN will lead to adverse impacts in terms of noise and environment for residents as essential services, lorry deliveries and other noisy traffic will be highly concentrated in short periods between midnight and 6am for a number of months.

Council officers are increasingly frustrated by the absence of detail about the ORN. We deserve an opportunity to discuss the measures locally.

TfL offered us three drop-in sessions, which was an unacceptably poor response. We want a public meeting in every one of our nine community forum areas. It is our intention to call these meetings with or without the support of TfL.

Residents and businesses require more information, and lots of it. With little more than a year to go, we need a comprehensive picture of the road impacts, including any security restrictions, so that we can plan our daily lives and business continuity in good time and at minimal cost. We all want to be able to enjoy - rather than endure - the 2012 Games. I'll keep you posted on what TfL decides.

Mayor's view

Nowhere to hide from our enforcers

You can read details on pages 8 and 9 of the latest raids in our crackdown on unscrupulous landlords.

The enforcement work, which was a joint initiative with the police, the UK Border Agency and other partners, revealed a catalogue of crimes. It was filmed by Channel 4's flagship investigative show Dispatches and is due to be aired on 4 July.

As a result of the raids the council will be prosecuting five landlords for allegedly failing to license their properties and other claims over living conditions, overcrowding and planning issues. One arrest was also made by the police over the immigration status of an occupant.

The approach we're taking is very much one of 'total enforcement'. As you can see from the pictures we're good at it and there's nowhere to hide.

Our enforcement teams across planning, health and safety, licensing, community safety, trading standards, food safety, private sector housing and property services, work with immigration officials, HM Revenue & Customs and other government agencies when appropriate.

Together we utilise each other's enforcement powers. For example, the police don't have powers of entry unless a crime has already been committed; but our enforcement agencies do.

People tell me that crime and anti-social behaviour is a major concern. By aligning our systems and resources effectively with the police we can ensure that we are tackling the right things together – the things that matter most to residents.

By focusing on the areas where we know trouble is often caused, we can prevent it happening in the first place.

By taking a hard line against these low-level crimes we can have a massive impact on the more serious stuff because one thing tends to lead to the other. Taking swift action early can prevent this escalation.

It also makes it clear that this type of behaviour will not be tolerated. It offers all of us the opportunity to make a significant contribution towards cleaning up our borough, improving all our lives and making us a strong, resilient community.

The raids in progress

with Sir Robin Wales

POLICE, COUNCIL, ACTION!

Newham London

METROPOLITAN POLICE
Newham

Working together for a safer London

We're fighting crime wherever we find it and there's nowhere left to hide for lawbreakers; that's the message the council and police are sending as we join forces to tackle bad behaviour, crime and misdemeanour on all fronts. And when our crime-fighting team comes knocking, no wrongdoing under the roof will go unpunished.

Our approach is the first of its kind. Councils usually only tackle one problem at a time, but in Newham we're taking action on whatever we find in the course of a raid, because where there is one breach of the law, there are often others.

Det Chief Insp John Cushion said: "We have introduced a unique, multi-agency approach to tackling issues of concern to members of the community. The team includes both CID and uniform police officers, who with the council and partners can identify rogue landlords who are exploiting vulnerable people."

Dodgy dwellings

We're targeting those who are filling their pockets at the expense of our residents' health and safety. In this case, bad landlords and managing agents.

We are often tipped off about dodgy dwellings from residents who notice overcrowded premises or illegal residences, such as sheds or garages that have been converted into homes. On this occasion, our intelligence proved correct.

Officers from the council's private housing, environmental health, planning, enforcement, development and trading standards teams went out with

police officers and the UK Border Agency. As well as intending to target those who were breaking the law, we went out to prevent future overcrowding, ensure people were living in safe conditions and find those who had no right to stay in the UK or had warrants out for their arrest.

Dreadful discoveries

Behind closed doors there lurked a multitude of sins, including overcrowding, illegal immigration, failure to licence HMOs (houses in multiple occupation), mouse and rat infestations, electrical hazards including exposed live wires, fire safety hazards and planning breaches.

Overcrowded and unlicensed properties are a serious issue for many reasons. Firstly, it is dangerous, antisocial and unhealthy for the residents living in those conditions as well as those living in the immediate area; lots of people produce lots more waste and noise. Secondly, the council plans its services around the number of people living in an area. If we don't have accurate information on that, you could miss out because your local services are oversubscribed.

Mouse and rat infestations can easily spread and pose health problems to a neighbourhood, while fire safety is a life and death issue.

And action!

Following the raids, the council:

- is prosecuting five landlords for various offences, including failure to license their properties and significant health and safety offences
- has closed down a shisha business for allowing smoking indoors and seized all associated smoking materials and equipment. They are also investigating animal welfare issues at the same premises.
- is investigating an occupant who appeared to be working illegally as a spiritualist.

The police and UK Border Agency made one arrest over the immigration status of an occupant living in a flat with no planning permission.

Safe as houses?

To get information and advice about property licensing, or to report overcrowded or illegal premises, call 020 8430 2000 or email ENVPrivate.SectorHousing@newham.gov.uk

Newham London

Appointment of Lay Members to the Newham Safeguarding Children Board

The Newham Safeguarding Children Board (NSCB) is the statutory boady established in April 2006 for agreeing out how agencies should work together to safeguard children and for monitoring how well they are doing. The board is made up of senior professionals from partner agencies that are responsible for safeguarding children such as Newham Council Children's Social Care and Adult Services, the police, schools and health agencies. Recent developments in legislation mean that we are now seeking to appoint two local members of the community to the NSCB.

We are looking for people who will act as independent, yet informed observers; able to ask questions which the professionals closely involved in the work might not think of asking. We are ideally looking for someone who is currently involved in local child safety issues and can help us make better links with local community groups. We are also looking for someone who can challenge us to make our policies and procedures more accessible to the public, to children and to young people.

Representatives must be residents of Newham and members of the local community to become Lay Members of the Board. This is a great opportunity to help ensure that all of our agencies are safeguarding and promoting the welfare of children and young people across the borough. We expect a commitment of at least ten days per year.

We will provide induction training for those appointed and other training opportunities will be available to enable the new members to increase their skills and understanding of safeguarding issues. Out of pocket travelling expenses incurred for attending meetings will be reimbursed, if required. Appointments will be for two years and are subject to annual review.

For an application pack, please contact Ann Capes on 0203 323 3392.

Closing date: Wednesday 6 July 2011
Interview date: Wednesday 13 July 2011

Summer starts here

Block out your diary and tell all your friends – the Mayor's Newham Show returns for another weekend of free fun and entertainment on 16 and 17 July.

Newham at the Seaside

You won't have to travel far to be beside the seaside as we're bringing the beach to Central Park, East Ham. Come and enjoy donkey rides and a crazy golf course. Get competitive and take part in sandcastle making challenges and limbo dancing contests, or come dressed to impress and compete in our fancy dress competition.

Cool down by dipping your toes in our paddling pool – a splash hit last year – and enjoy the sounds of the bandstand's musical mix of brass and steel melodies.

Carnival in Newham

Brazil comes to Barking Road with the spectacular return of the Newham

Carnival on Saturday 16 July. The streets of East Ham will be alive with the sound of music, awash with colour and brimming with community spirit.

The parade begins at 2pm from Cheltenham Gardens, E6, so come along and cheer on the children, young people and community groups taking part.

The Main Stage and Cabaret Stage

The best of Newham's talent will be proudly showcased on our main stage, with dance routines from local groups, musical performances and a special recital from Newham and Barnsley youth choirs. Semi-finalists from talent quests held throughout the borough will compete for the chance to win an amazing prize.

This year's cabaret programme will be bigger with more variety. Expect daredevil acrobatics, breathtaking juggling, Far-Eastern inspired magic and toe-tapping hits from Newham's Asian Elvis.

The Mayor's Newham Show takes place on 16 and 17 July, from 12noon-6pm at Central Park, High Street South, E6. See the next issue of the ***Newham Mag*** for full details of the weekend's entertainment or visit **www.newham.com/summer**

Inspiring People

A site to behold

With almost one year to go until the Olympic and Paralympic Games we're offering you the chance to come and see how work is progressing on the most talked about park in the country from the dizzy heights of the Olympic Park Viewing Gallery (OPVG).

To mark London 2012 Open Weekend we're opening the doors of the OPVG, giving you the chance to catch a bird's-eye-view of the 500 acre Olympic Park.

On Saturday 23 and Sunday 24 July, take in key Games sports venues, including the Olympic Stadium, Aquatics Centre and Basketball Arena, see the scale of Wesfield Stratford City and discover interesting facts about developments on your doorstep in an engaging presentation.

Bookings are now being taken for 23 and 24 July. Time slots are:

9.00-9.30am
9.45-10.15am
10.30-11am (Sunday only)
11.15-11.45am (Sunday only)
12noon-12.30pm
12.45-1.15pm
1.30-2.00pm

Places are limited and will be allocated on a first come, first served basis. Bookings are restricted to Newham residents, with a maximum of four spaces per booking.

Call Natalie on 020 3373 3793 before 4pm on Monday 18 July to secure your place. *Regrettably, the OPVG is not wheelchair accessible.*

Open Weekend

There are a host of free events happening from 22 to 24 July. Here's a sample of what you can enjoy in Newham. Find out more by visiting www.newham.gov.uk/openweekend

How the Olympics Changed My Life
22, 24 July, 8am-6pm, Newham Town Hall, Barking Road, E6.

A painting contest and an exhibition focussing on Beijing, delivered by the London Britain-China Cultural Communication Centre.

Open Stage
Saturday 23 July, 2-4pm, Gerry Raffles Square, E15
Theatre Royal Stratford East gives you a behind-the-scenes look at Newham's favourite thespian hang-out. Booking is essential. Call 020 8534 0310 to secure your place.

Free swims
2.30-4.30pm Saturday 23 July, 12.30-2pm Sunday 24 July, Balaam Leisure Centre, Balaam Street, E13.

Adults and juniors can enjoy a free swim session so bring the whole family along.

If you're a business that would like to find out more about what Newham has to offer why not book a presentation at the OPVG. Find out more about packages available by visiting www.opvg.co.uk

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Newham in pictures

1 Box fresh: mangoes aplenty on Green Street. **2** Spot the ball. French boules at the temporary beach in Silvertown Way, E16. **3** Cadets at the Jack Cornwell memorial parade, Manor Park. **4** A site for sporting eyes - an exclusive look inside the Olympic Stadium. **5** Pot luck: geraniums await their bed time.

Guitar hero

From the dizzy heights of Beckton Alps to the still waters of Stratford's canals, our borough is alive with the sound of music thanks to the Every Child a Musician (ECaM) programme and dedicated tutors, like Antony (Tony) Blandell. The innovative ECaM initiative, the brainchild of Sir Robin Wales and a mayrol promise, gives all Year 5 pupils two years of free music tuition and the opportunity to learn one of eight instruments - which, if they complete the programme, they get to keep.

Tony's first experience with music was around the age of 13, when he visited his granddad in the West Indies and came across his guitar. He said: "I used to pick it up every now and then and spent a lot of my summer trying to get a tune out of it. When I got back I said to my mum and dad that I wanted a guitar – it took a little while to persuade them to buy me one!"

With little tuition but a huge passion for music, Tony embarked on a musical journey that brought him to the threshold of ECaM. Children have the chance to learn their pick of instruments, either trumpet, trombone, clarinet, violin, viola, flute, guitar or keyboard. Tony works in five Newham schools, teaching around 100 children how to strum string symphonies every week.

What do you think about ECaM?

When I heard about the concept, I found it quite exciting. I'm proud to be a part of ECaM.

I always get the kids to appreciate the fact that they have been given an instrument for free. I like the rewards of seeing them learn and progress. I love the passion and the enthusiasm that the kids show. When they get the idea, you get that golden moment when they've learnt something new and they are so proud. It's beautiful.

What are some of the challenges you face as a music tutor?

When I was younger, I was inspired to learn myself. With ECaM, we're offering free musical instruments; of course all the kids are going to put their hands up and

want one. The challenge is bringing the love for the instrument to them.
Some of the kids, you can see it in their eyes; they really want to play. Other kids, you have to inspire. They've never touched music, they've never seen a note, have no idea of what music is about. You have to find a technique to get that across to them.

What could I expect in your class?
You can expect to learn how to play the guitar, and have fun. I'll always start by finding out how you are and we'll have a warm-up, or refresh on what we've learned last week. I might say: 'put your guitars on the floor for now' and I can see they are itching to get started. I apply different techniques every time depending on the kids, as there's such a diverse range of abilities.

How do you teach kids to read music?
It's quite a challenge. I start off with lines and spaces and then introduce staves and treble clefs. I'm always going over old stuff that we do to reinforce what they've learned. A lot of them have progressed from never seeing a note before to now starting to read music. It's only the beginning but I know that they will grow.

Almost 4,000 children are participating in ECaM

If your child is in Year 4 they will be starting the programme in the autumn term. Find out more by talking to your child's teacher.

BREAST AND LUNG CANCER: THE EARLY WARNING SIGNS

A unique health campaign is under way in Newham alerting people to the five warning signs of breast and lung cancer which require immediate GP attention.

The "small c" campaign got its name because it aims to show that cancer – sometimes known as the Big C – can be successfully treated if it is caught when it is small and in its early stages.

The campaign will initially target lung and breast cancer which together claim 115 lives a year in Newham.

Information posters and leaflets along with symptoms checklists will be available in GP surgeries and pharmacies.

Local GP Philip Abiola said: "Most cancer patients survive these days, provided the cancer is detected earlier when it is small and therefore more likely to be treated successfully.

"Our message to local people is that we want to see you straight away if you have any of the warning signs of lung and breast cancer."

People should see their GP if they have any of the following lung cancer symptoms:

- a cough for more than three weeks, or if a cough has changed or got worse
- shortness of breath
- coughing up phlegm with blood in it
- hoarse voice
- unexplained weight loss

They should see their GP if they have any of these five potential signs of breast cancer:

- A lump which may not be seen, but may be felt
- Change in skin texture such as dimpling or puckering
- Appearance or direction of nipple
- Nipple discharge
- Rash or crusting

Rita Middleditch, 56, from Plaistow is alive and well 15 years after going to her GP with a suspected breast lump. Her GP sent her for tests and Rita was diagnosed with cancer which was successfully treated.

Rita Middleditch

IT trainer Rita said: "You shouldn't feel you are bothering your GP. If there isn't a problem you will feel reassured. And if it is cancer, the treatment is so much more effective if spotted early."

For more information go to:
www.smallc.org.uk/breast or
www.smallc.org.uk/lung

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newhamfostering.co.uk

Take on a teen

Following the death of her father Caroline Smiles's life as she knew it changed. She, like so many other looked after children, left the place she called home to share someone else's. We're looking for people who can make a difference to the life of a teenager, so young people like Caroline can grow up with the life chances we sometimes take for granted.

Between the ages of 13 and 16, Caroline lived with three foster carers. After her dad died she initially stayed with her grandma, but her bad health resulted in Caroline going into foster care. She said: "I felt angry but my grandma explained that she couldn't look after me properly so I understood. I was scared; I didn't know who I was going to stay with."

Teenage years can be the trickiest of your life. Combine physical and hormonal changes with changing homes and schools and the situation can be become even more difficult. Caroline quickly realised that every home had its own rules. She said: "You figure out what's going on and what the people around you are like and what you can and can't do.

"One of my carers knew when to give me my space. If I'd had a bad day at school, she wasn't too in my face. She made me feel like I could stay in my room if I wanted, but if I wanted to speak to her I knew where she was."

"No matter what's going on in your life you can really work hard and get something out of it"

Caroline is now studying psychology at university and is leading a happy and independent life. The time she spent with her foster carers will stay with her forever. She said: "One of my foster carers really inspired me and taught me that no matter what's going on in your life you can really work hard and get something out of it."

Teenage fostering

We need more carers to foster our teenagers. Teenage foster carers are paid up to £370 per week based on the age of the young person and the carers experience. Applicants can be almost any age, although you need to be mature enough to care for a teenager and have a spare room. For more information call 0800 0130 393 or visit www.newham.gov.uk/fostering

Community groups cash in on John Lewis opening

John Lewis

It's the summer of plenty for Newham's charities and community groups, as John Lewis Stratford is awarding grants totalling £20,000.

To celebrate the grand opening of the leading department store in September, specially selected voluntary and community groups in the six Olympic boroughs can receive grants of up to £500.

The grants are available to a wide range of groups such as community centres, local schools and sports teams. If you'd like to apply, just complete an application form with your group's details and explain how you would use the money or items. Each month a decision-making panel will go through the applications and select which organisations to support.

For an application form email **communitygrants@johnlewis.co.uk** or write to Community Grants, Registry, John Lewis, 171 Victoria Street, London SW1E 5NN.

Make the most of your money

Get clear and unbiased advice and information from The Money Advice Service and make the most of your money by making the right choices, whatever your circumstances. This free service is offered online, over the phone and in person.

Check your financial health by visiting www.moneyadviceservice.org.uk/healthcheck. The online money planner will give you a personal action plan to help prioritise your financial needs and goals.

You can get personalised advice from unbiased money advisers by calling 0300 500 5000.

You can also book an appointment with a money advisor at East Ham Local Service Centre (LSC) by visiting any LSC or calling 020 8430 2000. Sessions are held monthly on Tuesday mornings.

Visit **www.moneyadviceservice.org.uk** for more details.

Chair-based exercise at the Stroke Awareness Day

Get stroke aware

More than 300 people attended Newham's Stroke Awareness Day at East Ham Town Hall to find out about the risk factors associated with strokes, recognising the symptoms and the importance of acting fast in response.

Organisations included the Stop Smoking service, the Carers' Network and the borough's sports and activities team. The Subco Trust for Asian Elders, Hearty Lives Newham, the Foot Health Services and the Stay Well healthy living network were also present.

If you missed out, why not join a sponsored walk with stroke survivors, from Stratford to the Olympic Park, on Sunday 31 July. The walk starts at 12noon outside Stratford Station. Registration and sign-in at 11.30am. Under-16s are welcome but must be accompanied by an adult. To book your place email **info@newhamstrokeclub.org.uk**

Curious dreams of the stage

Need an activity for your pre-schooler? Come along to Durning Hall, Forest Gate, from 1.30–2.30pm on Thursdays for drama, movement, song and performance fun. Classes are for three to four-year-olds during term-time, extending to three to six-year-olds throughout the summer holidays. Sessions cost £3 (inclusive of juice and biscuits); £2.50 for more than one child from the same family.

And teenagers no longer have a reason to mope, because 14 to 16-year-olds are welcome at multimedia theatre sessions, where they can combine live performance with film. Sessions are at 6.30pm and 8.30pm on Thursday evenings at Durning Hall, Earlham Grove, and cost £4 per session (including a drink and snack).

For further information or to book a place on a workshop contact Zoey on 07909 880 524.

Fun and footie at National Autistic Society launch

The National Autistic Society (NAS) Newham branch is celebrating its launch with a fun day on Saturday 9 July in conjunction with West Ham United Community Sports Trust, who are hosting the event at their grounds in Beckton.

There will be free football training sessions, face painting, inflatables, music, raffle prizes – including articles signed by West Ham United first team – and lots, lots more! Local support organisations will also be there to provide information and advice to parents and adults with autism.

The NAS Newham branch will be run by volunteers who are parents of children with autism.

The fun day is being held between 12-4pm at the West Ham United's Beckton training grounds, West Ham Community Centre, 60a Albatross Close, off Woolwich Manor Way, Beckton, E6 5NX. For information please call 07795 127 787 or email **newham@nas.org.uk**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

Gallery

Shafi, 6

Muhammed Shiraz Hashim, 9

Emily Locsin, 11

George Hastrop

Win a £10 Newham Bookshop voucher

This fortnight's winning entry receives a £10 voucher to spend at Newham Bookshop, 745-747 Barking Road, E13.

Get your entries in now to be in with a chance of winning another great prize. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry.** Good luck!

Colour-me-in Wordsearch

M	J	L	L	E	E	L	A	D	Y	E	L	S	N	E	W	Y	C	N	D
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Alsatian
Boxer
Collie
Corgi
Dachshund
Hound
Dogs
Labrador
Poodle
Retriever
Spaniel
Terrier

Poem

Life is a Ride

Life is like a train
Heading to the end of time

Life is a bumpy ride,
When we have our ups and downs

Life is the only chance you get,
So make it something you die proud of

Life is full of questions,
Because as people go people change

Life is as smooth as a peach,
When you don't have the chance to live it all

Life is a ride,
It is a ride to where you choose to end up

And despite all our fears,
We have to live it the right way…

By Zaharah Igbokwe, 9

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

24 JUNE – 8 JULY

TRY SOMETHING NEW... WELLS BELLES AND BEAUS

If you're more excited by the three tenors than the ones in your purse, why not join the Wells Belles and Beaus over-50s singing group.

The friendly group meets weekly to exercise their lungs in a variety of singing styles; from folk songs to opera, from musical theatre to classical, from wartime songs to world music, Wells Belles and Beaus can boast the lot. But this is no singalong – the Belles and Beaus work hard to continually reach new highs.

Led by locally-based opera singer Sovra Newman, and accompanied every other week by West End pianist Tim Smith, the group showcases its talents in regular concerts, giving its members a taste of the limelight.

Come along and sing for yourself: Wells Belles and Beaus, every Tuesday, 10.30am-12noon at the Wells Centre, Vicarage Road, E6. £3 per session.

For more information call Sovra on 07930 570 687 or the centre on 020 8586 7070.

ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

UNDER FIVES GROUPS

All open to under fives with their parents/carers.

Storytelling
Beckton Globe Friday 10-11am
Canning Town Monday 10.30-11.30am
Custom House Tuesday 10.15-11.15am
East Ham Wednesday 2-3pm
The Gate Friday 11am-12noon
Green Street Thursday 10.30-11.30am
Manor Park Thursday 10.30-11.30am
North Woolwich Thursday 2-3pm
Plaistow Tuesday 11am-12noon
Stratford Tuesday 11am-12noon and Friday 11am-12noon

Crafts Club
Manor Park Tuesday 10.30-11.30am

Toy Library
Beckton Globe Monday 10am-12noon and Thursday 1-3pm
East Ham Tuesday 10am-12noon and Thursday 10am-12noon

Imaginative Play
East Ham Friday 10.30-11.30am

Learning & Craft
Beckton Globe Tuesdays during school term 1.30-2.30pm

ADULT READING

Adult Reading Groups
The Gate Tuesday 5 July 6.30-7.30pm
Plaistow Thursday 7 July 6.45-7.45pm

Over 50s Reading Group
Beckton Globe Tuesday 7 July 9.45-11.45am

OTHER GROUPS

Over 50s Club
Beckton Globe Tuesday 9.45-11.45am

Click-On – computer sessions for over 50s, contact the library to book a place
East Ham Friday 10am-12noon and 2-4pm
Plaistow Friday 10am-12noon and 2-4pm

Writers' Group
The Gate Tuesday 28 June 5.45-7.45pm

ICT Surgeries
The Gate Thursday 10am-12noon

Knit & Natter – craft group for men and women of all ages and abilities
Beckton Globe Wednesday 10am-12noon
Canning Town Friday 10am-12noon

Movie Night at Stratford Library – free showing the film Love and Other Drugs (Cert.12).
Stratford Thursday 7 July 6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.
Beckton Globe
Tuesday 4-6pm
Canning Town
Thursday 4-6pm
Custom House
Thursday 4-6pm
East Ham
Monday 4-6pm
The Gate
Tuesday 4-6pm
Green Street
Tuesday 4-6pm
Manor Park
Thursday 4-6pm
North Woolwich
Monday 3.30-5.30pm
Plaistow Thursday 4-6pm
Stratford Monday 4-6pm
Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.
Canning Town
Monday 3.30-5.30pm
Custom House
Tuesday 3.30 to 5.30pm
East Ham
Tuesday 3.30-5.30pm
Manor Park Monday 3.30-5.30pm
Stratford Playerz – Free activities for young people aged 12 and over.
Stratford Thursday 30 June 4pm-6pm
Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for ages 12-16.
Beckton Globe Wednesday 3-5pm
Teen Xtra Evenings – Free activities for ages 12-21.
The Gate Thursday 6-8pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853
Canning Town Barking Road, E16 4HQ. 020 3373 0854
Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855
East Ham High Street South, E6 6EL. 020 3373 0827
The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856
Green Street 337-341 Green Street, E13 9AR. 020 3373 0857
Manor Park Romford Road, E12 5JY. 020 3373 0858
North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843
Plaistow North Street, E13 9HL. 020 3373 0859
Stratford 3 The Grove, E15 1EL. 020 3373 0826
Archives and Local Studies 020 3373 6881
Community Outreach Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)
- Basketball coaching, 8-19
Mon, 7.30-9pm
Little Ilford Youth Centre, E12
- Basketball Competition, 8-19
Tues, 6-7.30pm
Lister School (Sports Hall), E13
- 3 vs 3 league, 8-19
Thurs, 5-7pm
Forest Gate Youth Centre, E7

Youngbloods Basketball
- Under-12s, mixed
Saturdays, East Ham Leisure Centre
1-3pm
- Under-13/14s, boys
Mondays, 6-8pm, St Angela's School
Tuesdays, 5.30-7.30pm
Newham Leisure Centre
- Under-14s, girls
Mondays, 4.30-6pm, St Angela's School
Tuesdays, 5.30-7.30pm,
Newham Leisure Centre
- Under-15/16, boys
Tuesdays, 6-8pm, East Ham Leisure Centre
Fridays, 6-8pm, St Angela's School
- Under-17/18 boys
Tuesdays, 8-9.45pm, East Ham Leisure Centre
Thursdays, 7-9pm, St Bonaventure's School
Fridays, 6-8pm, St Angela's School
Each session costs £1. Contact Caroline on 07958 307 657 for more details.

Football

Newham NSP (free)
Five-a-side
- U14 & U18
Mon, 6.30-8.30pm
Newham Leisure Centre, E13
- 11-18
Wed, 5-8pm
Priory Park MUGA, E6
- 8-19
Wed, 5-6.30pm
Keir Hardie Park, E16
- Five-a-side, 8-19
Fri, 6-7.30pm
Scud Park, Tant Avenue, Canning Town, E16.
- Mayor's Football League, U14, U18,
Thurs, 4-6pm
Memorial Park
- Coaching and competition, 8-19,
Sun, 1-2pm
Winsor Park, E6
- Monthly tournament
U12, U14, U18, 10am-1pm
First Sat of the month
Plashet Park, E6

Basketball

WHU Kickz (free)
Mon
- U14, 4-5.30pm
- 15+, 5.30-70pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7
Tues
- U14, 4-5.30pm
- 15+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 6-9pm
Priory Park MUGA, E6
Wed
- 11-18, 5-8pm
Priory Park MUGA, E6
Thurs
- 11-18, 4-7pm
Priory Park MUGA, E6
Fri
- U14, 4-5.30pm
- Girls 11+, 5.30-7pm
West Ham Community Astro Turf (Beckton)
- 11-18, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+
Tues
1-3pm, Stratford Park, E15
Fri
3-5pm, Beckton Powerleague
For more info visit www.airfootball.co.uk

Crafts Club

Cycling

Ascension Football Academy
For info call Beryl Callison 020 7511 1232.
School years R-3: 9.30-10.30am
School years 4-7: 10.45-11.45am
School years 8-11: 12noon-1.30pm
All sessions £2.50
King George V Park, E16

Football and basketball
Newham All Star Sports Academy (NASSA)
- 12-16 mixed, Mon 6-7.30pm,
- 18+, 7.30-9pm, Newham Leisure Centre, E13
-11-16 girls,Tues, 4.30-6pm, Sarah Bonnell School, E15
- Fri, 4.15-5.30pm 8-11 mixed 3.30-7.30pm, 12-16 mixed Cumberland School, E13
For more information about Newham All Star Sports Academy (NASSA) call Chris on 07932756197 or Natasha on 07985281581 or visit www.nassa2012.org.uk

Handball (free)
- Newham Flames, Tues U15, 3.30-5pm U18, 5.30-6.30pm Newham Leisure Centre, E13 (Multi-Sports Hub) Call Ari Bekker on 020 8430 2484

Multi sports (free)
Newham NSP
- Handball, football, competition 5-7pm, 8-19 Wed, Stratford Park, E12
- Coaching and competition 4-5.30pm, 8-19 Fri, St John's Community Centre, Albert Rd, E16

Athletics at Newham Leisure Centre
- Get Set Go Group, 11-16 Mon, 4-5.30pm, £1
- Met Track 10-17 Fri, 4.30-6pm
- Newham and Essex Beagles Athletics Club, 10+ Mon and Wed, 6.30-9pm; Sun, 10am-1pm Email jacqueline.ramsden1@btinternet.com

Cricket
- Tapeball cricket league (free) 11-15, 16+, 6-9pm Kingsford Astro Turf
- Newham Cricket Club Monday 5-7pm 8-16, £2 per session Flanders field, Napier Road, E6 Visit www.newham.gov.uk for information.

Boxing
East Ham Boleyn ABC 10- years +; boys only
- Mon, Tues, Wed, 5-6pm East Ham WMC, 2 Boleyn Road, E6 Call Daniel Penny on 07958 124 144
- West Ham Boys ABC 9-years +; boys and girls Mon, Wed, Fri, 5-6pm The Black Lion, 59-61 High Street, E13 Call Lianne Jameson on 020 8472 3614
- Peacock ABC 8-years + Mon, Wed, 6-8pm boys and girls Caxton Street North, E16 Call Martin Bowers on 020 7511 3799
- Newham Boys ABC 6-years +; boys only Mon, Wed, Fri, 6-7.45pm Old Bath House 141 Church Street, E15 Call Ravinder Atwal/Joe Chapman 020 8519 5983
- Fight For Peace 11 years +; boys and girls (Phone for session details) Woodman Street, North Woolwich, E16 Call Marigold Ride on 020 7474 0054
Contact clubs before visiting

Free non-contact boxing
Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.
Osmani Boxing Club is open to males aged eight to 25 Fridays, 4-6pm Froud Centre, 1 Toronto Avenue, E12 For more information call 020 7247 8080 or email healthyfutures@osmanitrust.org

Free sports@Ascot Hall
Football, girls and boys, eight-15yrs, Sat, 10am-12pm Street dance for girls, all ages, Sat, 12-1pm Non-contact boxing, eight-12yrs, Sat, 2-3pm All sessions are free, for info call 020 8430 4775 Ascot Hall, Hermit Road, E16

Newham Swords
Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13. Tuesday 6.30-9pm Thursday 6.30-9pm Friday 7.30-10pm Call Linda on 07956 618 898 or visit www.newhamswords.co.uk

Dare 2 Dance
Free street dance classes for girls aged 14-24 including break dance, krump, waacking and popping. Newham Leisure Centre (New Indoor Multi Sports Centre), 281 Prince Regent Lane, E13 Friday 3.30-5.30pm (3.30 - 4.30pm Open Technique Class, 4.30 - 5.30pm Choreography Class)
For more information contact Nicole on 07970 783 526 or email nicole.napier@newham.gov.uk

Newham Striders
Free, sociable walking group that go striding in the local area seven days a week. Visit www.newham.gov.uk, email paula.peaty@newham.gov.uk or call 020 8430 2000 for more information.

Universal Warriors Kickboxing Club
The Hub, 123 Star Lane,

Multi-Activities

Canning Town
Mondays and Wednesdays, 6.30-8pm
Grassroots, Memorial Park, Memorial Avenue, West Ham
Fridays, 6.30-8pm
Saturdays, 10.30am-12noon
Cost per class: under-16s and concs. £5; 16+ £7
For more information call Don on 07784 712 813 or email teamrichards@hotmail.co.uk

Newham Shoujin Karate
Sessions for beginners:
Wednesday 4.30pm-5.30pm (4-15)
Thursday 6-8pm Fighting Fit (karate combat techniques and fitness) (16+)
Friday 6-7pm (4-15) & 7-8pm (16+)
Sunday 10-11am (4-16+)
Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

WCKD Karate & Self Defence Institute
Teaching Freestyle Karate and self defence
All levels including beginners
Children (5-9 yrs) £3.50 Weds 5-6pm & Sat 11am-12noon
Juniors (10-15 yrs) £5 Weds 6-7pm & Sat 12noon-1pm
Adult classes also available. Call 07535 928297 for more information.
Sunday 10-11am (4-16+)
Maryland Studios, 84-86 Leytonstone Rd, Maryland, Stratford, E15 1TQ

Ramgharhia Badminton Club
Adults (Advanced)
Tuesdays, 7-9.30pm
Little Ilford School
Church Road
Manor Park
Juniors
Fridays, 6-7.30pm
Adults (Beginners/ Intermediate)
Fridays 7.30-9.30pm
Langdon School, Sussex Road, East Ham
For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgarhia.bc@gmail.com

OPA Netball Club
Tuesdays
Under 16s: 6-7pm and over 16s 8-9pm
Matches in Essex Met League/ Three Swords League on
Saturdays
Lister Community School, St Mary's Road, Plaistow
All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club @hotmail.com

Run in England – all £2
For more details email oimafidon@runinengland.co.uk or call 0797 926 1647
***Monday**, 4-5.30pm, Newham Leisure Centre E13, meet on the track*
***Tuesday**, 6-7pm, Newham Leisure Centre E13, meet on the track*
***Wednesdays**:*
12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception
5.30-6.30pm, Newham Leisure Centre E13, meet on the track
***Saturdays**, all 10-11.30am:*
Central Park E6, meet at the café, Wanstead Flats, meet at Harrow Rd Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway
***Sunday**, 10am-12 noon, Newham Leisure Centre E13, meet on the track*

East End Road Runners – for all abilities
Tuesdays, 7pm,
meet on the track at Newham Leisure Centre, Prince Regent Lane, E13. Annual membership £10. Members: £3 per session/ non members £4.

Women United FC (16+)
Mondays (Term time only)
6.00-7.15 Kingsford School, Kingsford Way. Call Shona Pollock on 07968 665849

Woodside Badminton Club
Fridays 8-9.30pm
Carpenters Docklands Centre 98 Gibbins Road, E15. Intermediate and club standard players welcome. Call Steve 020 8514 1586. £5 waged/£3 unwaged

Newham Cyclists
Newham rides starting at 10.30am from outside Stratford Station and return at 3pm. No need to book. Just turn up on the day. Next ride is on Saturday 18 June.
To find out more, visit www.newhamcyclists.org

Cycling – sessions and guidance
Wednesdays: 11am, 12.15pm and 1.30pm
Free, all equipment provided
F13 Waterfront Studios, 1 Dock Road, E16
Call 020 7055 0808 or visit www.careinmind.org.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players.
Wednesday and Friday evenings, 6-8pm
Rokeby School, Barking Road E16 4DD
Call Eda on 020 8472 0058 for more information.
Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities
People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Family swims for disabled children and adults
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm
For more information call 020 8552 3195
£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm
For details call Zeenat on 07528 562 902

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club
Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions
Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music
Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children
Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim
Wed, 4-5pm, Balaam Leisure Centre, free.

ARTS LISTINGS

Stratford Circus
The Forest
Thursday 7 July– Saturday 9 July. Thursday & Friday at 11am & 2pm. Saturday at 11.30am & 3pm
There is a place at the very heart of the forest. A place where things are not quite what they seem. People become animals, birds become music, day becomes night-time, leaves become light. It's all around you. It's full of adventure. It's always changing. It's The Forest.

The creators of Brilliant and And the Rain Falls Down invite you to a thrilling, surprising and enchanting performance for 4 year olds and above, combining dance, images, sound and light. Tickets: £6/ £5.

Discover Story Centre
383-387 High Street, Stratford, London, E15 4QZ
£4.50 adult/child
£16 family of 4
FREE under 2s

Morris the Mankiest Monster By Giles Andraea and Sarah McIntyre
Saturday 2 & Sun 3 July
11.30am & 2.30pm
The most revolting picture book ever! Our Story Builders present this book full of ear wax, snot and goo. Morris is a must.

Big Scary Monster By Thomas Docherty
Saturday 9 July & Sunday 10 July
11.30am & 2.30pm
A little bit scary but also full of fun this book will have you joining in with the BOOS! Find out how scaring becomes sharing as you take part in this story with our Story Builders.

OTHER

Summer music @St John's Church
Wednesday 29 June Ryan Cannell & Friends – Organ plus
Wednesday 6 July Suzanne Higgins – Folk Music
The Summer Season of lunch time concerts at St John's Church, Stratford Broadway, is back. The concerts are on Wednesdays throughout the summer until 28 September, from 1.10-1.40pm each week. Admission is free but there is a collection, which goes towards the organ fund, For more information please contact the church office on 020 8503 1913.

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Audit Board, Committee Room 1
Monday 27 June, 7pm

Overview and Scrutiny, Committee Room 1
Tuesday 28 June, 7pm

Investment and Accounts Committee, Committee Room 2
Wednesday 29 June, 6.30pm

Regeneration and Employment Scrutiny Commission, Committee Room 2
Tuesday 5 July, 7pm

Health and Social Care Scrutiny Commission, Committee Room 1
Tuesday 5 July, 7pm

Mayoral Proceedings, Council Chamber
Thursday 7 July, 10am
Newham Community and Police Forum, Lister Room
Thursday 7 July - 7pm

USEFUL NUMBERS

020 8430 2000
Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

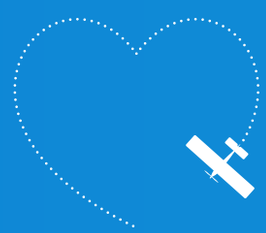
For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

SKY'S THE LIMIT FOR FUN DAY



Head to the Royals Business Park on Sunday 2 July for Airline acrobatics and entertainment at the London City Airport funday and Air Show, taking place from 1.30-6pm.

The thrilling Air Show makes a welcome return with Pitts Special, Cosmic Wind and Wing Walking planes.

Children can clamber into giant zorbs, slip down slides and jump on bouncy castles, while young people can enjoy a fun fair with traditional dodgems and adult rides.

Compete against the pros in the F1 pit stop challenge and see if you can change tyres faster than the McLaren Team. For less exhausting entertainment, enjoy a game of bingo with great prizes up for grabs, or sit back, relax and enjoy the East London's Got Talent showcase, four top live acts battling it out to be crowned winner on the day.

All proceeds from the event will go to Richard House Children's Hospice. To find out more visit www.funday2011.com

MEET THE MAYOR

Mayor's Surgery
Saturday 25 June, 9-10am, Manor Park Local Service Centre, 685-689 Romford Road, E12

Thursday 7 July, 12-1pm, Stratford Local Service Centre, 112-118 The Grove, E15

Enrol now for October 2011

Birkbeck
UNIVERSITY OF LONDON

Earn while you learn at Birkbeck

The School of Business, Economics and Informatics at Birkbeck offers a range of certificate and undergraduate courses in Stratford. For students living and working in east London it's a great opportunity to study locally and gain a prestigious University of London qualification.

To find out which of our Stratford courses is right for you, visit www.bbk.ac.uk/prospective/stratford/ or call 020 7631 6316

www.bbk.ac.uk

020 7631 6316

London's evening university

Business Week, 27–30 June 2011

Held at our central London campus, Birkbeck's Business Week offers a series of free afternoon and evening events on the topic of resilience, showcasing our latest research and teaching excellence.

To see the full programme of events, visit **www.bbk.ac.uk/bizweek**

Newham London

the Mayor's Newham Show

FREE

Saturday 16 & Sunday 17 July

12noon-6pm
Central Park, High Street South, East Ham E6

Fantastic family fun with a real beach, donkey rides, fairground attractions, Grow Your Own competitions, music and cabaret.

Plus the Newham Carnival!

For more information call **020 8430 2000** or visit **www.newham.com/summer**

Brought to you by the Mayor of Newham

No public parking, please use public transport. **Tube**: East Ham Station. **Buses**: 58, 104, 101, 115 to Central Park 5, 147, 238 to Barking Road. ♿ Disabled Parking, toilets and access. This event takes place on grass. You may be searched as a condition of entry. No glass bottles or dogs.

Inspiring People